

R2 QUARTERLY NEWSLETTER

Achieving Personal Readiness. Optimizing Performance.



Director's Column



Ms. Sharyn Saunders, Director, Army Resiliency Directorate

Spring is finally here, and with it comes warmer weather that beckons us all outside more often with friends and family. As we move into the summer months, all Soldiers, Family Members and Army Civilians should take advantage of the more favorable weather to strengthen connections, be physically active, and find balance. It is equally as important that all members of the Army team be responsible and accountable for themselves and to others.

With increased temperatures come increased opportunities for risk. Off-duty time is more likely to be spent outdoors, on road trips, or enjoying socialization that includes alcohol. We must all be more alert and aware during the spring and summer months when negative or hazardous conditions present themselves, and we must be both prepared and compelled to intervene or mitigate that risk when necessary.

Risk reduction and safety means recognizing hazards on- and off-duty, mitigating risk, changing behavior when necessary, and looking out for others. It is important to connect the dots and recognize that many negative and risky behaviors are directly related to one another.

That's why the Army is taking a holistic look at these threats to the force, from accidents to motor vehicle fatalities, alcohol abuse or isolation. Being Ready and Resilient means being physically, psychologically, socially, emotionally, and spiritually prepared to achieve and sustain optimal performance; it's about empowering Army leaders to be engaged and know and care for those they lead; and it's about applying knowledge and standards to the multitude of tasks you undertake in your professional and personal lives.

So, I challenge each of you, as Army leaders, as Army professionals, as family members, teammates and friends, to treat yourselves and others with dignity and respect. Be proactive in recognizing hazards and mitigating risk in your personal and professional lives. We must all do our part to foster an environment of trust and make overall safety a top priority.

Live Resilient, Stay Ready, Be ArmyFit!

Click on an icon to go directly to that section



News



Training



People



Best Practices

If you have feedback on the newsletter or you would like to contribute, please contact Ms. Stefanie Pidgeon (<u>stefanie.l.pidgeon.ctr@mail.mil</u>).

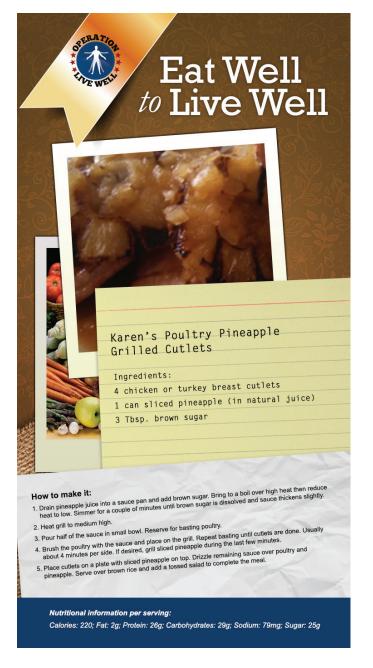


Operation Live Well Makes Eating Healthy Easy

Finding the time to prepare healthy meals can often be a challenge, and for those who do have the time, finding the right healthy recipe might not be easy. If you're looking for easy ways to infuse healthy eating in your lifestyle, check out Operation Live Well's (OLW) healthy recipes. OLW offers an online cookbook, full of recipes for all times of the year and occasions that fit with OLW's mission of keeping active duty military members, their families, retirees, and civilians in the best shape. Our cookbooks offer healthy, dietitian-approved recipes for the entire Defense community. The "Eat Well to Live Well" cookbook features breakfast dishes, appetizers, soups, salads, main courses, side dishes, and even desserts. After you thumb through the cookbook and if you think, "I just don't have time to prepare any of these delicious dishes," think again. OLW makes it easy for you with our meal planner resource featuring recipes from our cookbook. The meal planner includes a week's worth of healthy meals for you and the grocery list for them. You can swap out any recipe you don't like for another e-book recipe. The planner is an easy way to outline your week and will help keep you on budget when you shop.

Download the meal planner today and see how easy it is to prepare and enjoy healthy meals. http://go.usa.gov/3D4gh







Quit Tobacco and Improve Readiness with Support from UCanQuit2.org

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It takes hard work, training, and preparation to be mission ready. Soldiers devote a lot of time and energy to sharpening their physical and mental readiness, but, for some, smoking and dipping stands in the way of optimizing performance.

Quit tobacco. Improve your performance. Here's how:

- 1. Quitting tobacco may help you reduce your stress and enable you to use positive stress-coping strategies. Without tobacco, your life can be less stressful. You'll be alert, attentive and able to take on the challenges ahead.
- 2. Ditching cigarettes and smokeless tobacco will decrease your likelihood of injury, hospitalization, and lost work days. Tobacco users tend to have more injuries and their bodies take longer to recover.
- 3. Quitting tobacco can improve your lung function. The better you can breathe, the better you'll perform in your fitness tests and in the field.
- 4. Quitting smoking cigarettes will make daily exercise easier. More exercise means you'll be stronger and have better endurance.
- 5. When you quit tobacco, you'll have better blood circulation and more energy. Increased blood flow will get your body the oxygen it needs to perform at its highest level.

Ready to quit? UcanQuit2.org can help you quit for good. Visit www.UCanQuit2.org to chat anytime with a quit coach. If you'd like support at your fingertips, sign up for texts from SmokefreeMIL and get 24/7 text support and encouragement. You can also learn how much you'll save when you quit smoking and dipping with the savings calculator.

Do you work in health promotion and tobacco cessation on your installation? Register on UCanQuit2.org for free promotional materials to use in your trainings, health fairs or other installation activities.

HRC builds resiliency among its workforce



Pictured are couples at a Strong Bonds event taking part in the 'marriage mind field' exercise, where one is blindfolded and the other has to verbally guide the partner across the floor without stepping on the balls. This event helps develop verbal communication and trust.

Army Human Resources Command has established a Ready and Resilient Campaign also known as R2C to support its Soldiers, civilians, contractors and family members to work in conjunction with the Army campaign.

The program emphasizes the belief that the creation of an environment where every Soldier, Army civilians and family member is treated with dignity and respect and given the opportunity to fulfill their potential is fundamental to the readiness and health of the Army.

The R2C program is one of the top priorities of the command. The goal is to have local programs and events support the development of life skills, which will develop the readiness and resiliency of the total HRC workforce, according to Col. Charles Slaney, HRC Deputy Chief of Staff and Commandant.

Read more at:

http://go.usa.gov/3DZhJ



Guard Your Health to launch FitText on April 15



Guard Your Health, a health and wellness campaign out of the Army National Guard Chief Surgeon's Office, will launch FitText on April 15. FitText is a text messaging initiative centered on maximizing physical training (PT), preparing for the Army Physical Fitness Test (APFT), and supporting ongoing fitness among Army National Guard (ARNG) Soldiers and their families.

Beginning in mid-April, FitText aims to capture Soldiers' attention just in time for summer APFT-related activities and any personal interest in getting fit before the upcoming warm weather months. FitText will provide three to four text messages a week to help keep Soldiers' training on track and help them prepare for their next big milestone, whether it is an upcoming APFT, basic training, or even their next drill weekend.

FitText will deliver actionable tips, inspiration, and reminders straight to Soldiers' mobile devices to help improve their APFT scores and overall fitness. Content will focus on keeping fitness top-of-mind and making it easy for Soldiers to find and use available fitness resources. Text messages will link to actionable resources and information related to APFT preparation guides, physical fitness training routines, exercise form and breathing techniques, and sleep and nutrition tips.

ARNG Soldiers, family members, and anyone looking to improve their overall fitness training can sign-up for FitTexts by texting "fit" to 703-997-6747. Standard text messaging rates apply. Learn more at GuardYourHealth.com/fit-text/.

Commander's Risk Reduction Dashboard (CRRD)

Given the complexities of the current and future environments, Commanders must be empowered to understand those they lead in order to have a Ready and Resilient force. The Army is developing the Commander's Risk Reduction Dashboard (CRRD) as one tool to help Commander's enhance that understanding.

The CRRD consolidates information from multiple sources: personnel, law enforcement, family advocacy, substance abuse, medical, other services and arrays this information in one location for ease of use by the Commanders. A Commander equipped with this tool will have access to timely information regarding risk factors that are present among their Soldiers so that they are better able to potentially intervene.

The CRRD Proof of Concept (PoC) was initiated in January 2014 and is designed to provide Commanders a more holistic look at risk factors and risky behaviors of their Soldiers. Currently, the CRRD PoC is available to company and battalion commanders within Forces Command and at Fort Sill, Oklahoma, a Training and Doctrine Command installation. Commanders with access are able to see risk factors and high-risk behavior data on only those Soldiers assigned or newly arriving to their unit. The consolidated information displayed in the CRRD, enables more timely Command decisions because they no longer need to examine multiple databases for individual Soldier information.

Soldier's personal information and privacy continues to be a Commander's priority and as such access to the data within the CRRD remains extremely limited. Providing Commanders a more comprehensive look at the overall health of their Soldiers allows them to be proactive instead of reactive in sustaining their unit readiness. The Proof of Concept is designed to provide Commanders an initial capability during its evaluation and assessment phase. Upon completion of this phase, the Army's goal is to release a full suite of capabilities within the Full Solution CRRD that will include the ability to: identify high risk behaviors and risk factors; analyze Soldier and unit risk; identify trends in their formation; and guide Commanders in providing resources and services. The Full Solution CRRD will also provide Commanders with recommendations on how to take immediate action based on the data and situation. This will include, but not be limited to: protective factors, mitigation strategies, guidance on required actions, and intervention options.

The Army remains committed to empowering commanders and giving them the flexibility they need to foster an environment of trust and know and care for their Soldiers.



Alcohol Awareness Month and Sexual Assault Awareness Month

To be able to accomplish the Army mission in environments of uncertainty and persistent danger, those who serve, and their families must be Ready and Resilient; they must be emotionally and psychologically prepared, and the abuse of alcohol and the possibility of sexual violence breaks down the trust built between the Army and the American people.

Throughout the month of April, the Army Substance Abuse Program (ASAP) and the Sexual Harassment and Assault Response Program (SHARP) will provide information and education opportunities in conjunction with Alcohol Awareness Month and Sexual Assault Awareness Month.

Alcohol Awareness Month, a nationally celebrated campaign, strives to raise awareness about the misuse and abuse of alcohol; and to reduce stigma and encourage people to make healthy, safe choices regarding alcohol consumption.

The national theme for this year's Alcohol Awareness Month is "For the Health of it: Early Education on Alcoholism and Addiction". Installations across the Army, and communities around the country, will be sponsoring a variety of programs to increase awareness and encourage individual and families to get help for alcohol-related problems.

Sexual Assault Awareness Month (SAAM) is also observed every April to raise awareness and educate communities on the prevention of sexual violence. Though the Army implements yearlong sexual harassment and sexual assault prevention efforts, the department joins the nation in April to amplify our commitment to stop sexual crimes from happening in our Army. The Army's 2015 SAAM builds off the Sergeant Major of the Army's new campaign: "Not in My Squad. Not in Our Army. We Are Trusted Professionals".

Although the two national campaigns are not combined into a single campaign, it should be noted that alcohol continues to be the most abused substance by Soldiers and their families. In addition, alcohol abuse continues to be a factor in many sexual assaults. The Army encourages installation ASAP and SHARP offices to provide awareness on both issues as they are intertwined.

Additional information on the misuse and abuse of alcohol can be found at www.acsap.army.mil or by visiting your local Army Substance Abuse Program office.

For more information on Sexual Assault Awareness Month, visit the 2015 SAAPM page at www.preventsexualassault.army.mil.



Hunt The Good Stuff!

Join CSF2 for "Hunt the Good Stuff Thursday" on Facebook and Twitter.

www.Facebook.com/ArmyCSF2

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Use hashtag #HTGS and tag us @ArmyCSF2



AMC adapts Soldier-centric training to the civilian workforce

The U.S Army Materiel Command's Master Resilience Trainers adapt the training and tools offered as part of Comprehensive Soldier and Family Fitness to the civilian workforce by mirroring the Soldier training process. Valerie Francis, fitness and resiliency coordinator and CSF2 program manager for AMC, focuses on the team building aspect of training like the military conducts unit level training.

"Since resilience training is not mandatory for civilians we developed a concept to help improve their interest and attendance in CSF2 program components," Francis said. "A way to get civilians more engaged is by meeting with their leaders, division chiefs and supervisors, and educate them on the value of this training and how it could help build up the team."

Francis made it a priority to meet personally with division chiefs to explain what CSF2 is and the benefits of all the resilience training tools such as classroom resilience skill training, the Global Assessment Tool and the ArmyFit platform. Francis has pulled together best practices and lessons learned on how to implement CSF2 across the Army Material Command and is sharing the concept with AMC's Major Subordinate Commands.

"This concept is well-piloted at the AMC headquarters and we encourage our major subordinate commands and activities to consider the concept," said Francis. "To date, we've conducted and completed the division-focused resilience training concept with four divisions and are currently conducting training for an additional two. We have found this successful and will continue pursue it."

Fred Mason, chief of AMC Appropriated Funds Division, recently went through training along with his team.

"I felt that this training would be very beneficial in a very turbulent time. Employees have workforce downsizing hanging over them, increased workload due to hiring constraints, government shutdowns and normal stress that an aging workforce faces," Mason said. "The resilience training provides tools to handle the day-to-day stress, but most importantly, teaches you to always first look at the positive things going on in your life and to put it all into perspective."

In some cases, at least initially, it's hard to see any visible changes to a team, but Mason can attest to the fact that his team has not had any employee confrontations since going through the training and there has been an improvement in attitude toward the job. Other avenues AMC Master Resilience Trainers have sought to educate leaders is through the Executive Resilience and Performance Courses taught as part of CSF2, and by also sharing the Ready and Resilient Quarterly Newsletters and sharing information during town halls and staff meetings.

DoD Warrior Games 2015 - Army Trials







From March 22 through April 2, the U.S. Army Warrior Transition Command held the 2015 Army Trials at Fort Bliss, Texas. Approximately 100 wounded, ill, and injured Soldiers and Veterans from across the Army competed for invitations to be on the Department of Defense Warrior Games 2015 Army Team. Eight CSF2 Master Resilience Trainer-Performance Experts provided direct support to the archery, swimming, track, field, shooting, cycling, sitting volleyball and wheelchair basketball teams. They provided both performance and resilience training to all participating athletes.

The Army Trials and DoD Warrior Games are a testement to the strength and resilience of all those who serve. The wounded, ill and injured Soldiers and their families demonstrate what it means to live resilient and stay ready, and the represent the Strength of the Nation.

The Department of Defense Warrior Games 2015 will take place at Marine Corps Base Quantico, Virginia, June 19-28, 2015.



Walter Reed Army Institute of Research (WRAIR)

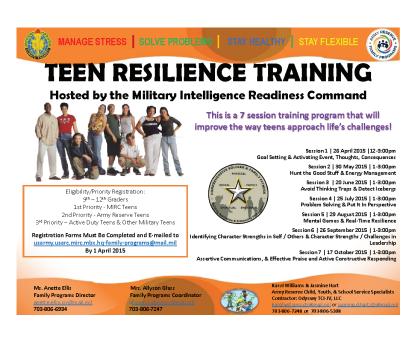
In March, the Walter Reed Army Institute of Research (WRAIR), Research Transition Office (RTO), in conjunction with AMEDD Center & School (AMEDDC&S) finalized materials for the three-day Resilience Training for Medical Providers Train-the-Trainer Course. This course is designed to prepare Master Resilience Trainers in Medical Treatment Facilities (MTFs) to deliver a two-hour training module called "Resilience Training for Healthcare Staff" that focuses on the concept of self-care and how it relates to compassion regulation, maintaining boundaries, and self-investment. This training is given to various levels of healthcare staff upon their intake into the MTF system. In addition, the course places the 14 resilience and performance skills taught as part of annual Resilience Training within medical scenarios that can be used to enhance relevance during training in MTFs.

Additionally, the Research Transition Office (RTO) would like to introduce its three new staff members:

Dr. Eileen S. Gilchrist (Ph.D.). Dr. Gilchrist comes to WRAIR from an academic teaching and research career that includes positions at the Universities of Wyoming, Oklahoma, and Houston. Her research has thus far focused on communication competence, social support, and relationship strategies in organizational and family contexts.

Ms. Juinell Williams is a senior at the University of Maryland studying psychology and community health. She is here with RTO as a student intern working to complete her capstone requirement for her community health program. She comes to WRAIR with a bit of an Army background as her father was in the Army for over 20 years before retiring in 2009. Juinell aspires to be a clinical psychologist and serve Active Duty Service Members, their Families, or Veterans.

Mr. Richard Gonzales is a 26-year Army veteran retiring in 2012 after serving three years at HQDA DCS G-3/5/7 Comprehensive Soldier Fitness (now CSF2, G-1). As an original teammember of CSF2 he played major roles in training, curriculum development, operations and planning with an emphasis on the development of the MRT course. He spent the majority of his career as a Mental Health Non-Commissioned Officer serving in a variety of duty positions across both the Behavioral Health and enlisted leadership spectrums, in garrison and in theater. He is trained as a Level 4 MRT and spent two years training resilience skills to the United States Air Force and clients in South Australia before joining the RTO.







30 Days of Hunt the Good Stuff



During the month of March, approximately 200 people participated in CSF2's "30 Days of Hunt the Good Stuff" challenge. The challenge involved sharing one's 'Good Stuff' each day for a 30-day period on social media – primarily Facebook and Twitter, with the intent to not only build connections and camaraderie within the CSF2 community, but also to build the habit of recognizing and reflecting on the good in one's life, thereby building optimism and reaping its benefits.

Of the 200 people who participated in the challenge, 13 completed it by posting their Good Stuff every day for 30 days! Participants included Master Resilience Trainers, Spouses, Master Resilience Trainer-Performance Experts, CSF2 Program Managers, and DA Civilians and friends of the program. They represent the Active, Guard and Reserve components! Here are the 13:

Ms. Annette Brown, Army Wounded Warrior Advocate, Fort Carson, CO

SGT Carlos Camargo, MRT, California National Guard

Mr. Frank Leon, Director of Religious Education, Fort Knox, KY

Mr. Joe Galus, Master Resilience Trainer-Performance Expert, Fort Riley, KS

Mrs. Julie Clemente, Spouse MRT, Fort Drum, NY

Mrs. Kelly Buterbaugh, Spouse MRT, Fort Polk, LA

SSG Melissa Kraye, MRT, Illinois National Guard

SFC Michel Buterbaugh, CSF2 Program Manager, Fort Polk, LA

MSG Paul Rogalla, MRT, Illinois National Guard

SFC Sheena Farrell, MRT, Fort Riley, KS

MSG (Ret) Terri Dickerson, MRT

Dr. Cynthia Jones, Occupational Therapist, Fort Sam Houston, TX

Ms. Tori Creech, Master Resilience Trainer-Performance Expert, Fort Bragg, NC

Congratulations to everyone who participated! We hope you were able to build optimism, counter the negativity bias and better notice and analyze what's good.

DOD civilian, retired Soldier says resiliency lessons helped him beat cancer



Retired Soldier and current Department of Defense civilian Greg Cheek says the resiliency skills he learned from the military helped him overcome the biggest challenge of his life: cancer.

Diagnosed with stage 3 cancer in his head and neck, quickly followed by surgery, Cheek, a father of two, who works in Germany for the United States European Command, said he did not have time to absorb all that was happening.

"Two weeks later, I had my first post-treatment CAT scan/body scan and they found a lymph node in my neck that came up 'hot' so it looked like the

cancer might be in my lymph nodes," he said.

Resiliency was instilled in him during his years in the military, and then as a civilian, when he recently took the Master Resilience Trainer Course.

"It was amazing because I had just gone to this training and so whereas a month ago, if I got this news, who knows what would have happened," he said.

"The Master Resilience Trainer Course and a host of other life experiences were key in my successful recovery and enthusiastic outlook on life," he said.

Read the full story here: http://go.usa.gov/3DQzJ



Best Practice

Submitted by SSG Michael E. Smith, Master Resilience Trainer

The Advanced Individual Training (AIT) Instructor/Writer Resiliency Program (IWRP) improves the overall health and resilience of the instructors and writers assigned to the 264th Medical Battalion at Joint Base San Antonio-Fort Sam Houston, Texas. These team members always place the mission first, so it is imperative they are armed with the skills they need to meet mission demands. This two-day program assists the unit in maintaining a Ready and Resilient instructor and writer.

The first day of the program focuses on the cognitive side of development, helping optimize Instructor/Writer relationships, keeping them connected to leadership while assigned to the unit. The participants are taught how to find balance and peace of mind when coping with life's ups and downs. The skills taught in Resilience Training are also reinforced, reminding participants to approach life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with one's choices and actions.

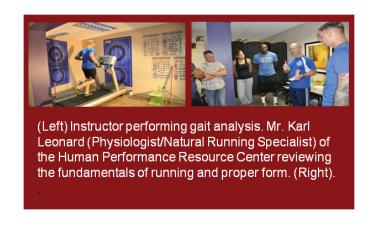
The second day of the program focuses on the physical side of development. It addresses the Performance Triad of sleep, activity and nutrition, which helps individuals improve their performance, resilience and readiness. The instructors and writers spend the entire day at the Human Performance Resource Center at JBSA-Randolph Air Force Base reviewing the fundamentals of running and proper form. Presentations on strength training, sports nutrition and healthy body composition allow the participants to return to work rejuvenated.

An additional benefit of the IWRPis the financial literacy training offered to participants. This includes face-to-face presentations on a variety of financial topics that cover general personal finance principles as well as specific needs of military service members.

The IWRP truly takes a holistic approach to overall health and resilience, ensuring our team members are best prepared to meet any and all missions.











Submitted by Sgt, 1st Class Nathanael J. Jones, Instructor/Writer, METC Radiography Program



Since February, Soldiers from the 264th Medical Battalion out of Joint Base San Antonio-Fort Sam Houston are able to participate in the Performance Triad Punch Card Incentive Program. This program encourages Soldiers to demonstrate what it means to be Ready and Resilient by participating in a wide variety of events that encompass all areas of holistic fitness from physical activity to eating well and finding balance.

"Our goal is to get our people out there. We want our Soldiers and our Cadre to participate in physical activity, good nutrition, and understand the importance of sound sleep in every aspect of their lives. We are trying to affect the 'life-space' of our Soldiers and one of the things we can do as a Battalion, is to incentivize participation in events that align with the goals

of the Performance Triad," said Sgt. 1st Class Nathanael Jones, an instructor/writer for the Medical Education and Training Campus Radiography Program.

On Saturdays, members of the unit have the opportunity to qualify for "punches" on their Performance Triad Punch Card, A qualifying hole punch might come from participating in a yoga class, attending a nutrition clinic, or participating in competitive swimming or completing the functional fitness workout-of-the-day.

With increasing hole punches comes rewards.

Multiple hole punches can result in receiving a Certificate of Achievement from the Battalion Commander, Lt. Col. Jerrod Killian. The program holds even greater rewards for Cadre participation. Cadre have the opportunity to earn a four-day pass from Killian if they complete six of the qualifying events. Punches never expire and there is currently no limit on the number of rewards a Soldier or Cadre could reap from the program.

